

## CLAIMS

1. A forging method characterized in that a forged material <sup>ing</sup> manufactured <sup>containing</sup> by adding at least one kind of group 5 metals is <sup>subjected</sup> heated to a temperature suitable for hot forging, and <sup>after</sup> after forging to a prescribed shape, <sup>followed by</sup> is cooled and then held for a prescribed set time in a furnace at a <sup>in</sup> tempering temperature, and is further <sup>subjected to</sup> cooled <sup>my ST</sup> to normal temperature by <sup>air</sup> natural cooling.

2. A forging method as defined in Claim 1, wherein the heating temperature of the forged material is set in the range of 1150 ~ 1250°C.

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